Sexual Assault Awareness & Prevention Month

April 2024
Week One

ABOUT THE CALENDAR

April is Sexual Assault Awareness Month. We invite you to engage with campus and local resources and prevention strategies to prevent sexual violence and provide support to survivors. Rates of sexual violence are alarmingly high across, especially among college students. This is a problem that we face collectively, and each of us must be part of the solution.

Brought to you by Health & Wellness Education and Civil Rights & Title IX

Follow **@middsafe** and **@greendotmidd** for information about consent, violence prevention, and survivor support.

MONDAY 01

Resource Highlight: RAINN, Self-Care Tips for Survivors

Virtual, On Your Time

While it may not be possible to avoid unwanted reminders of sexual violence, it can be helpful to have some self-care strategies at hand. Practicing self care—which means taking proactive steps to feel physically and emotionally healthy and comfortable—can help survivors cope with the effects of trauma like sexual violence.

TUESDAY 02

Wear Teal Day

All Across Campus
Any time

Wear Teal Day is an annual Day of Action during Sexual Assault Awareness and Prevention Month to visibly show support for survivors. Join us in wearing teal.

If you're comfortable, post a pic and tag @middhwe on Instagram and we'll make sure to share it!

Wear Teal Day T-shirt Giveaway

Health and Wellness Education Office - Ross Ground Floor
9:00am-5:00pm

Health Educators are giving away free teal t-shirts. Swing by and pick up a shirt, decorate it if you choose, and wear teal to stand in solidarity with survivors of sexual assault.

TUESDAY CONT.

Queer Sex Ed

Prism Center
5:00-7:00pm

An inclusive sex ed workshop with giveaways, a student-led panel, and dinner brought to you by health and wellness education.

RSVP at go/queersexed

Atria Collective Support Group

3:30-4:30pm

A confidential support group hosted by Atria Collective advocates for any Middlebury student who has experienced sexual violence. **Contact davina@atriavt.org for more information.**

Plain text version available here or at go/SAAPMPlainText/

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SUPPORT RESOURCE

Atria Collective

Atria Collective is a nonprofit that works to serve people across the gender spectrum who experience sexual violence, domestic violence, dating violence, and stalking.

Call their hotline for support and access to resources: 802-388-4205

Brought to you by Health & Wellness Education and Civil Rights & Title IX

MONDAY 08

Resource Highlight: Middlebury's Helping a Friend Resource

Virtual, On Your Time

It can be upsetting to see a friend struggling or in pain. Providing support to someone who has experienced sexual or relationship violence is no different. Check out Middlebury's guide to Helping a Friend for resources and recommendations to support friends who have experienced sexual violence.

TUESDAY 09

Atria Collective Support Group

3:30-4:30pm

A confidential support group hosted by Atria Collective advocates for any Middlebury student who has experienced sexual violence. **Contact davina@atriavt.org for more information.**

WEDNESDAY 10

Read CampusWell: Sexual Assault Awareness and Prevention Edition

Virtual, On Your Time

This week, Campus Well is a special edition all about sexual assault awareness and prevention. Delivered to your inbox in the morning, read and talk about the edition with a friend!

THURSDAY 11

Green Dot Tabling and Raffle

1:00-3:00pm
Davis Library Entryway

Come by to learn about Green Dot, practice Green Dot skills, and enter to win a raffle prize!

To bring a Green Dot training to your club, team, or student organization, email **healthandwellnessed@middlebury.edu**

green dot MIDDLEBURY

Plain text version available here or at go/SAAPMPlainText/

Sexual Assault Awareness & Prevention Month

2024

Week Three

SUPPORT RESOURCE

MiddSafe

The MiddSafe hotline is operated by student advocates who offer 24/7 peer support for students who have experienced or been affected by dating violence, stalking, or sexual assault.

Call for yourself or for guidance on how to help a friend:
802-377-0239

Brought to you by Health & Wellness Education and Civil Rights & Title IX

MONDAY 15

Resource Highlight: Supporting LGBTQ Survivors

Virtual, On Your Time

Sexual violence affects people of every gender and every sexual orientation. When queer and trans people experience sexual violence, they face heightened barriers and challenges in accessing legal, medical, judicial, and other resources in comparison to straight and cisgender survivors. Check out this resource including survivor stories and guidance supporting queer folks who have experienced sexual violence.

TUESDAY 16

Atria Collective Support Group

3:30-4:30pm

A confidential support group hosted by Atria Collective advocates for any Middlebury student who has experienced sexual violence.

Contact davina@atriavt.org for more information.

THURSDAY 18

Green Dot Tabling and Raffle

Davis Library Entryway
1:00-3:00pm

Come by to learn about Green Dot, practice Green Dot skills, and enter to win a raffle prize!

FRIDAY 19

Coffee with SANE Nurses

Outside of Crossroads, Davis Library
11am-12pm

Meet and learn more about Middlebury's Sexual Assault Nurse Examiners (SANEs) - Nurse Practitioners who have special training to complete forensic exams for students who have experienced sexual violence. Stop by the table with questions and receive a free Crossroads drink.

Plain text version available here or at go/SAAPMPlainText/

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Week Four

SUPPORT RESOURCE

Staff Advocates in HWE

Staff advocates are available for confidential advocacy by appointment Monday-Friday 8am-5pm on the ground floor of Ross. For more information or to schedule an appointment, email or call at:

healthandwellnessed@middlebury.edu
802-443-2376

Brought to you by Health & Wellness Education and Civil Rights & Title IX

MONDAY 22

Resource Highlight: Love with Accountability Books and Media Guide

Virtual, On Your Time

Love with Accountability is a project that seeks to disrupt and end sexual violence by centering diasporic Black survivors and focusing on radical healing and accountability. Explore their resource guide filled with book and media recommendations centering Black survivors.

TUESDAY 23

Atria Collective Support Group

3:30-4:30pm

See description in Week 3

WEDNESDAY 24

Denim Day

All Across Campus
All Day Long

Wearing jeans on Denim Day is a protest against destructive ideas about sexual assault, inspired by an Italian supreme court decision to blame a survivor for harm committed due to wearing tight fitting jeans.

WEDNESDAY 24 CONTINUED

Denim Day Reflections

Proctor Terrace
11:30am-1:30pm

MiddSafe will provide an interactive opportunity to reflect on the importance of consent and stand in solidarity with those who have faced sexual violence.

THURSDAY 25

Green Dot Overview for Faculty and Staff

HWE Office
11:00am-12:00pm

Overviews introduce Green Dot strategies for preventing violence across social spaces, professional and otherwise.

Registration Link:
https://forms.gle/MBLWHP2ywRVDx36E6

Speed Connecting with Campus Resources

Fireplace Lounge, Ross Dining
1:00-3:00pm

Join this collaboration between CRTIX and community partners to bring resources to students in an accessible space. Learn about a wide variety of care and support options at Middlebury.

Plain text version available here or at go/SAAPMPlainText/